

The EASY WAY CAKE BOOK

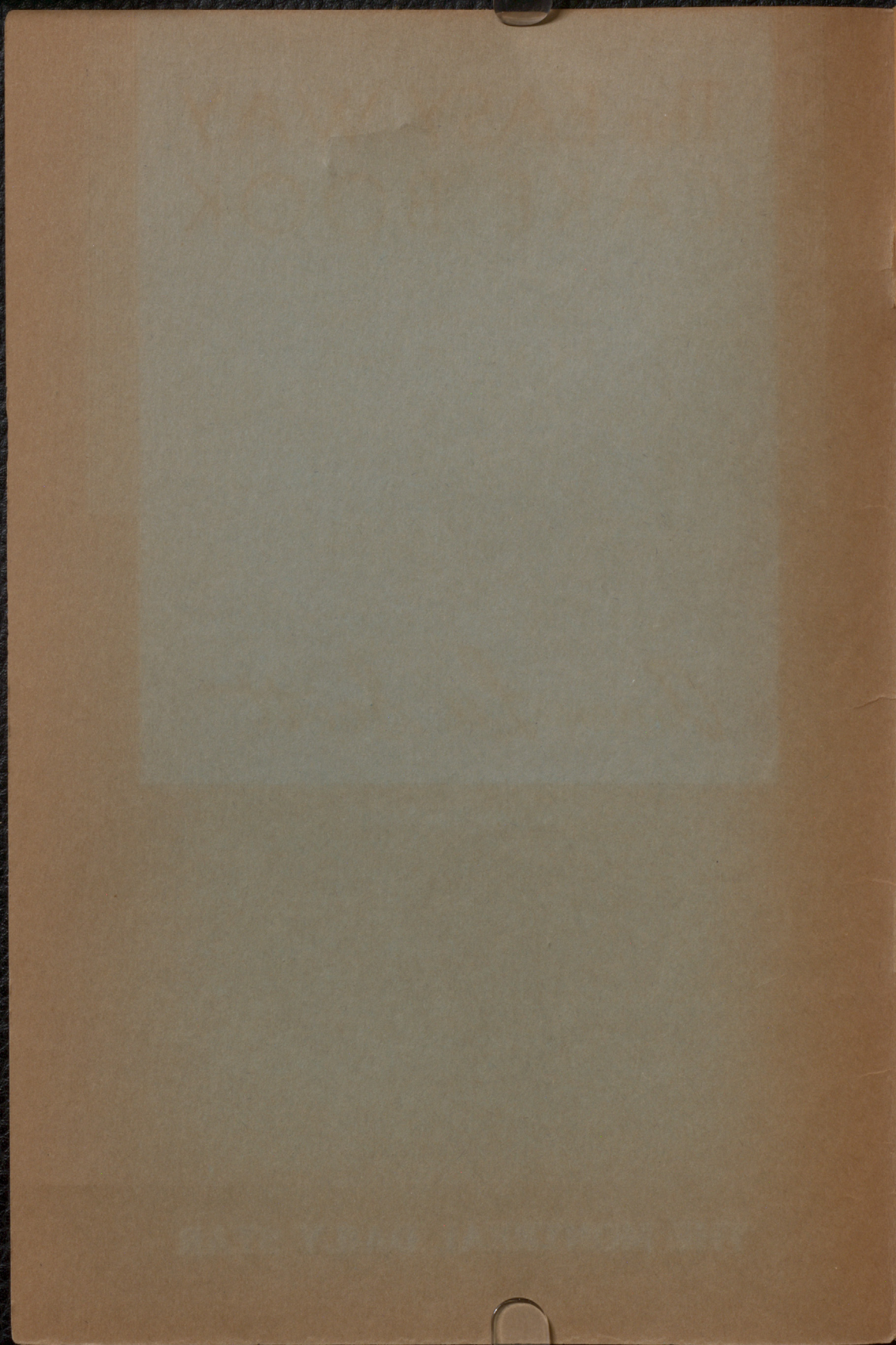
FOR BEGINNERS AND
THE BEST OF COOKS

by

Anna Lee Scott

"The Easy Way Series"

THE MONTREAL DAILY STAR



The Easy Way Cake Book

"For Beginners and the Best of Cooks," this unit of the Easy Way Library has been most carefully planned.

Truly, it shows you the "Easy Way" to successful cake making. And a way as pleasant, we hope, as it is easy.

Every cake in the Easy Way Cake Book has been made and re-made, to discover the very simplest and best way in which the recipe for it could be passed on to you.

One very important warning: Because flours have different thickening powers, these recipes have been worked out for use with soft wheat flour (pastry or cake flour). When hard wheat flour is used, the recipe should be adapted for it. In a very general way, this may be done by replacing each cupful of pastry flour in the recipe with $\frac{7}{8}$ cupful of hard wheat (bread) flour.

Anna Lee Scott

GENERAL RULES FOR ALL CAKES

1. Choose materials of good quality and suitable for purpose.
2. Use standard measuring cups and spoons.
3. Make all measurements level. Dry ingredients such as flour should be sifted once before measuring, then lifted by large spoonfuls into the cup, and the measure levelled with the straight edge of a spatula or knife.
4. Use a tested, approved recipe, and follow directions exactly.
5. Assemble all ingredients and utensils; prepare tins and oven before starting to put the cake together.
6. Bake cake as soon as combined, or place butter cake with baking powder in refrigerator until oven is ready.
7. Use exact oven temperature given, and do not jar the cake during baking. (There is a convenient thermometer which may be placed right in the oven, if the range has no dependable thermometer of its own).
8. Cool according to directions for the type of cake.

CAKE MAKING—STEP BY STEP

1. Select recipe.
 2. Collect the materials to be used.
 3. Select suitable utensils for making the cake.
 4. Grease pans, and flour them lightly, shaking out all extra flour—if the cake is one containing shortening.
 5. Judge time to light the oven, so it will be at the required temperature when the cake is ready.
 6. Measure out the ingredients, and check with the recipe. Before mixing the batter, prepare fruit, nuts, etc., if used.
 7. Check method, to be sure of every step.
 8. Combine the cake.
 9. Bake at once, placing cake in oven so that it receives an even heat from all sides.
 10. Note time when cake is placed in oven, and do not look at it until 5-10 minutes before it should be done, according to the recipe.
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TO JUDGE WHEN A CAKE IS BAKED

1. The cake begins to draw away from the sides of the pan.
2. No hissing sound is heard from the cake when the oven is opened.
3. The cake is evenly risen, and the crust lightly browned.
4. Slight finger pressure in the centre of the cake leaves no permanent mark.
5. A cake tester, inserted into the centre of the cake, comes out clean.

GENERAL DIRECTIONS FOR CAKES WITH SHORTENING

1. Cream shortening until very soft and smooth, by pressing against sides of bowl with a wooden spoon.
2. Blend in sugar gradually, and cream until light and fluffy. (Dissolve sugar as completely as possible in shortening).
3. Beat egg until very light, add to shortening and sugar, beat thoroughly.
4. Sift the flour, measure, and re-sift with the salt and baking powder (or soda). (The amateur cook may find it helpful to sift baking powder with last measure of flour—a method we give—so less gas will have opportunity to escape).
5. Sift $\frac{1}{5}$ of the dry ingredients into the butter-sugar-egg mixture, and beat only until all the flour is combined.
6. Alternate the remainder of the dry ingredients, and the liquid a quarter of the quantity at a time; beat only until combined, after each addition.
7. Stir in flavoring.
8. Turn into greased floured pan, filling only $\frac{2}{3}$ full.

NOTE:—For fruit cakes, pans should be lined with 3 layers of greased paper.

9. Drop pan 8 to 10 times, from an inch or so above table-level, to knock out large air bubbles (except rich mixtures raised only by eggs, and all fruit cakes).
10. Bake at once, as directed.
11. When cake is baked, let it stand on wire cooling rack for 3 minutes.
12. Loosen cake from edges of pan with a spatula; invert over cake cooler, and shake out gently.
13. Cool cake in a place free from draught; fill and frost as soon as cold.

IF "BUTTER" CAKE HAS THESE FAULTS—

These are the commonest faults in cake made with shortening—and the mistakes which cause them.

1. Falling of Cake

- | | |
|----------------------------|--|
| (a) Incomplete baking. | (e) Too little flour. |
| (b) A too slow oven. | (f) Too much shortening or liquid. |
| (c) Jarring during baking. | (g) Too little, or too much baking powder or soda. |
| (d) Too much sugar. | |

2. Large Holes and Tunnels

- | | |
|--|--|
| (a) Too slow combination of the cake after the baking powder is added. | (b) Overbeating the cake. |
| | (c) Baking powder or soda insufficiently mixed in. |

3. Toughness

- | | |
|----------------------------|------------------------|
| (a) Too little shortening. | (c) Too much sugar. |
| (b) Over-beating. | (d) Too much flour. |
| | (e) Too rapid cooking. |

4. Coarse Texture

- (a) Incomplete combination of sugar and shortening.
- (b) Incomplete combination of dry ingredients with cake mixture (especially first lot added).
- (c) Too much sugar.
- (d) Too much baking powder or soda.
- (e) Beating whites until too dry (if beaten separately from yolks).
- (f) Incomplete combination of whites with mixture, if folded in at last.

5. Heavy Crust

- | | |
|---------------------|---------------------|
| (a) Too much sugar. | (c) Too slow oven. |
| (b) Too hot oven. | (d) Too much flour. |

6. Dryness

- | | |
|----------------------------|-------------------------------------|
| (a) Too slow baking. | (d) Too much baking powder or soda. |
| (b) Too much flour. | |
| (c) Too little shortening. | (e) Whites beaten very dry. |

7. Ridges, High Peaks, Splits in Surface

- | | |
|-------------------|-------------------------------------|
| (a) Too hot oven. | (b) Too much flour. |
| | (c) Too much baking powder or soda. |

GENERAL DIRECTIONS FOR SPONGE CAKES

1. Separate the whites from the yolks of the eggs.
2. Measure out and set aside 2 tablespoons sugar for each egg white.
3. Beat yolks until very thick and light, then gradually beat in the remainder of the sugar. (Dissolve the sugar as completely as possible in the egg yolks).
4. Add flavoring to yolk mixture.
5. Sift flour, measure and re-sift five times.
6. Beat whites with the salt until stiff but **not** dry. Gradually beat in the sugar which was saved out for this purpose.
7. Fold the egg whites into the yolks (using an over and over motion) being sure that all the mixture is drawn from the bottom and sides of the bowl.
8. When the whites are almost entirely folded in, sift the flour gradually over the top of the mixture, and fold in carefully. Cease folding **as soon as** the last of the flour disappears.
9. Turn into an ungreased tube, loaf, or square pan. (Use a pan which has **never** been greased). Fill pan only $\frac{2}{3}$ full.

NOTE—For jelly rolls, pan should be greased and floured, or lined with greased paper.
10. Bake according to directions.
11. When baked, invert **at once** over a wire cake cooler. Let cake hang suspended in its pan in a place which is free from draught until cold.
12. When cold, loosen carefully from sides of pan with spatula, and shake out gently.

NOTE—Never drop pan to knock out air bubbles if cake is of sponge type.

IF YOUR SPONGE CAKE HAS THESE FAULTS—

The difficulties listed may be caused by any one of the mistakes noted:

1. Falling of Cake:

- (a) Incomplete baking.
- (b) Too much sugar.
- (c) Insufficient flour.
- (d) Too slow oven.

2. Coarseness:

- (a) Incomplete dissolving of sugar in egg.
- (b) Too much sugar.
- (c) Incomplete combining of whites with yolks.

3. Insufficient Rising:

- (a) Too little beating of the egg yolk **or** white.
- (b) Overmixing, especially when folding in egg whites or flour.
- (c) Allowing mixture to stand before baking.
- (d) Too hot oven.

4. Heavy Streak at Bottom:

- (a) Too little beating of yolk.
- (b) Incomplete combination of white with yolk.
- (c) Allowing mixture to stand before baking.
- (d) Greater heat at top than at bottom.

RECIPES

Remember, if using hard wheat flour in a recipe proportioned for pastry flour, to reduce each cupful of flour required by 2 tablespoonfuls.

STANDARD BUTTER CAKE

Cream..... $\frac{1}{3}$ cup butter
with..... $\frac{1}{8}$ cup granulated sugar

Beat and add..... 2 eggs

Beat mixture well.

Sift and measure..... $1\frac{1}{2}$ cups pastry flour
and sift several times
with..... $\frac{1}{4}$ teaspoon salt
2 teaspoons baking powder

Add dry ingredients to first mixture alternately with..... $\frac{1}{2}$ cup milk
beating after each addition.

Add..... $\frac{1}{2}$ teaspoon vanilla

Bake in a moderate oven, 350° F., about 45 to 60 minutes in square or loaf pan, or 25 to 35 minutes in layer pans, at 375° F.

FEATHER CAKE

Cream very thoroughly..... $\frac{1}{2}$ cup butter

Blend in gradually... $1\frac{1}{4}$ cups sugar
and cream until light and fluffy.

Beat well and add... 3 egg yolks

Combine thoroughly.

Sift and measure..... $2\frac{1}{2}$ cups pastry flour

Sift flour with..... $\frac{1}{4}$ teaspoon salt
and..... 3 teaspoons baking powder

Add dry ingredients to first mixture alternately with..... $\frac{2}{3}$ cup milk

Add..... 1 teaspoon vanilla

Beat until stiff but not dry..... 3 egg whites
and fold into mixture.

Pour into greased and floured pans, pound gently 10 times. Bake in a moderate oven 375° F. about 25 to 30 minutes. Makes a three-layer cake.

LIGHT BUTTER CAKE

Cream very light.... $3\frac{1}{2}$ tablespoons butter

Blend in thoroughly... $\frac{1}{2}$ cup and 1 tablespoon sugar

Beat well and add... 2 eggs

Sift and measure.... 1 cup pastry flour

Sift 3 times with 1 teaspoon baking powder
 $\frac{1}{6}$ teaspoon salt

Add alternately to first mixture with... $\frac{1}{3}$ cup milk

Beat 1 minute. Add... $\frac{2}{3}$ teaspoon vanilla

Bake in a buttered and floured pan or two small layers, in a moderate oven, 375° F., for layers; 350° F. for deeper cake, from 25 to 35 minutes.

COCONUT SNOWBALL CAKE

Cream thoroughly... $\frac{1}{3}$ cup butter

Blend in gradually... 1 cup finely granulated sugar

Beat well and mix in... 3 egg yolks

Sift and measure.... $1\frac{1}{4}$ cups pastry flour

Resift twice with... $\frac{1}{3}$ teaspoon salt
2 teaspoons baking powder

Add alternately to first mixture with... $\frac{5}{8}$ cup fresh coconut milk

Stir in..... $\frac{1}{2}$ teaspoon vanilla

Turn into two seven-inch layer tins, greased and floured. Pound ten times.

Bake in a moderately hot oven (375° F.), 25 to 30 minutes.

When cold, fill with "Coconut Fluffy Filling" ((Fluffy Icing) with Coconut added) and frost with "Fluffy Icing".

WHITE CAKE

Cream very light.... $\frac{1}{3}$ cup butter

Blend in thoroughly... $\frac{1}{8}$ cup sugar

Sift and measure.... $1\frac{1}{2}$ cups pastry flour

Sift 3 times with... $1\frac{1}{2}$ teaspoons baking powder

Add to first mixture alternately with... $\frac{1}{2}$ cup milk

Beat stiff but not dry... 4 egg whites (3 very large)

with..... $\frac{1}{4}$ teaspoon salt

and fold into batter,

with..... $\frac{1}{4}$ teaspoon lemon extract

Bake in three 7-inch layer pans, in a rather slow oven, 325° F., about 20 to 25 minutes. This makes a pure white, moist and tender cake—delicious with Lemon Butter Frosting, topped with coconut.

Or use two of the egg yolks to make Canary Icing, page 26, baking the cake as a loaf, and flavouring it with vanilla.

ROSE-ALMOND CAKE

Cream well..... $3\frac{1}{2}$ tablespoons
butter
Work in thoroughly... $\frac{1}{2}$ cup and 1 table-
spoon sugar
Beat well and add... 2 eggs
Sift and measure.....1 cup pastry flour
Sift twice with.....1 teaspoon baking
powder
 $\frac{1}{6}$ teaspoon salt
Add alternately to
first mixture with.... $\frac{1}{2}$ cup milk
Fold in..... $\frac{1}{6}$ teaspoon almond
extract
 $\frac{1}{6}$ teaspoon rose
extract

Turn into greased and floured pan and bake
in a moderate oven, 350° F. about 30 minutes.

Frost with butter icing flavored lightly with
rose extract and strew the top with almonds
that have been blanched, chopped, spread in
a pan and lightly browned in a moderate oven.

BRAZIL LAYER CAKE

Cream well..... $\frac{1}{3}$ cup butter
Work in gradually.... $\frac{1}{8}$ cup sugar
Beat until thick and
lemon-colored and
add.....2 egg yolks
Sift and measure..... $1\frac{1}{2}$ cups pastry flour
and sift again with... $\frac{1}{4}$ teaspoon salt
2 teaspoons baking
powder
and add to first mix-
ture alternately with... $\frac{1}{2}$ cup milk
Add..... $\frac{3}{4}$ teaspoon coffee
essence
Beat stiff and fold in..2 egg whites

This quantity will make two good layers in
seven-inch layer pans, or three rather thin
ones; for a three-layer cake in larger pans,
use half as much again of each ingredient.
Bake in a moderate oven, 375° F., about 20
to 25 minutes (according to size).

Make a good Seven-Minute Frosting, or
any other you prefer; add sliced Brazils to
portion for filling and cover the top with plain
frosting, decorated with sliced browned
Brazils.

ONE-EGG WHITE CAKE

Cream thoroughly.... $\frac{1}{3}$ cup shortening
Gradually beat in....1 cup sugar
and beat well.
Add.....1 unbeaten egg
and beat again.
Sift and measure.... $1\frac{3}{4}$ cups pastry flour
Sift 3 times with $\frac{1}{4}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons baking
powder
and add to first mix-
ture alternately with... $\frac{3}{4}$ cup milk
Add.....1 teaspoon vanilla

Bake in two greased and floured layer pans
(7 inch) in a moderate oven, 375° F., about
25 minutes or in a single thicker layer in a
square pan (8 inch) at a little lower tempera-
ture, 350° F. about 50 minutes.

ONE-EGG CHOCOLATE CAKE

Cream very light.... $\frac{1}{2}$ cup shortening
Work in gradually....1 cup sugar
and cream well.
Melt over hot water..2 squares bitter
and add to mixture. chocolate
Beat well and add....1 egg
Sift and measure....2 cups pastry flour
Sift again with.....3 teaspoons baking
powder
 $\frac{1}{2}$ teaspoon salt
add to first mixture
alternately with..... $\frac{3}{4}$ cup milk
beating after each
addition.
Add.....1 teaspoon vanilla

Bake in an 8 inch square pan in a rather
slow oven, 325° F., about 50 minutes. When
cold, cover with chocolate frosting.

This Chocolate Confectioner's Frosting
(not given in the "frostings" section) might
be used:

Add gradually.....2 teaspoons hot
water
to.....1 stiffly beaten egg
white
Stir in gradually....3 to 4 squares melted
bitter chocolate
Mix in.....2 cups sifted icing
sugar

or sufficient to make
frosting stiff enough to
spread.

Flavour with.....1 teaspoon vanilla

Note—This cake is delicious if covered
with cooked date paste, before frosting.

Cream very thoroughly... $\frac{1}{2}$ pound butter
Work in gradually... $\frac{1}{2}$ pound (1 cup)
sugar (fine gran.)

Beat until very light.

Beat until thick and
lemon-colored... 5 egg yolks

Add to mixture; beat
well for 4 minutes.

Beat stiff but not dry... 5 egg whites
and fold into mixture.

Sift and measure... 2 cups pastry flour

Sift 4 times with... $\frac{1}{4}$ teaspoon mace

Add gradually to first
mixture, folding in well;
beat 2 minutes.

Turn into greased and floured loaf pans—
will make two medium loaves. (Floured
fruits may be added to half the mixture).
Bake in a slow oven, 300° F., 60 to 75 minutes.

GOLDEN ALMOND CAKE

Cream well... 7 tablespoons butter

Blend in... $\frac{3}{4}$ cup sugar

Beat well and add... 4 egg yolks

Mix well.

Sift and measure... 1 cup and $2\frac{1}{8}$ table-
spoons pastry flour

Sift several times with 1 teaspoon baking
powder

and add alternately
with... $\frac{1}{4}$ cup milk
to first mixture.

Stir in... $\frac{1}{2}$ teaspoon almond
flavoring

If desired, add... Blanched almonds

Bake in a loaf pan (not too deep), in a
moderate oven, 350° F. You can top it with
blanched almonds if you wish—then you
won't need to frost it. This cake has a
delicious flavor, resembling that of almond
paste.

Though this cake is quite delicious without
icing, a very rich effect may be achieved by
covering with:

(a) A seven-minute frosting (page 27),
flavored with rose essence and sprinkled with
browned almonds.

(b) A chocolate frosting, either Seven-
Minute (page 28) or Butter (page 26).

SIMNEL CAKE

Cream well... $\frac{1}{8}$ cup butter
Gradually blend in... $\frac{1}{2}$ cup and 1 table-
spoon sugar

Beat very light and

add... 3 eggs

Sift and measure... 1 cup pastry flour

and sift again with... $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking
powder

and add to wet mix-
ture, alternately with 1 tablespoon milk
Then add (floured)... 2 tablespoons thinly
shaved candied
orange peel
 $\frac{1}{3}$ cup washed and
dried currants

Put half the mixture in prepared cake pan,
cover with prepared almond icing, put in the
second half of cake mixture and bake in a
moderate oven—350° F., 50 to 55 minutes.

Cake requires no frosting, as the almond
icing sinks to the bottom of the pan during
baking and gives a pleasantly flavored,
slightly sticky top when turned out.

HARLEQUIN LAYER CAKE

Cream until light... $\frac{1}{8}$ cup butter

Gradually add... $\frac{1}{8}$ cup sugar

Cream well.

Beat well and add... 3 eggs

Mix thoroughly.

Sift and measure... $1\frac{1}{2}$ cups pastry flour

and sift again with... $\frac{1}{4}$ teaspoon salt

and... 1 teaspoon baking
powder

Add dry ingredients to
first mixture alternate-
ly with... $\frac{3}{8}$ cup milk

Divide batter into
three parts.

To first part add... Red coloring
and... $\frac{1}{4}$ cup almonds,
blanched and
halved

To second part add... 1 square chocolate
and... 1 tablespoon butter
melted together over
hot water,

and... $\frac{1}{2}$ teaspoon vanilla
To the third part add 2 tablespoons shred-
ded ginger

Spread the last part on the bottom of a
greased and floured pan, then spread over the
second mixture (which is chocolate-colored),
and for the final layer pour in your first mix-
ture, which is pink in color. Bake in a
moderate oven, 325° F., 1 to $1\frac{1}{4}$ hours.

THREE-FRUIT CAKE

Put through food
chopper..... 1 orange ($\frac{1}{2}$ cupful)
1 banana ($\frac{1}{4}$ cupful)
1 cup seedless or sul-
tana raisins

Cream well..... $\frac{1}{2}$ cup butter
Blend in..... 1 cup sugar
Beat well and add.... 2 eggs
Sift and measure.... 2 cups pastry flour
and sift again with... $\frac{1}{8}$ teaspoon salt
 $\frac{3}{4}$ teaspoon baking
soda

Add $\frac{1}{5}$ flour mixture
to butter mixture.
Add the fruit.
Then add remainder
dry ingredients alter-
nately with..... $\frac{1}{2}$ cup sour milk
Beat in..... $\frac{1}{2}$ teaspoon vanilla

Turn into square cake pan, pound on table
to raise air bubbles and bake in a moderate
oven, 350° F., about 1 hour. This cake is of
rather odd and interesting flavor, light and
moist, and keeps well for several days. May
be baked in two layers, at 375° F., about 35
minutes.

TOMATO SOUP CAKE

Cream thoroughly.... $\frac{1}{4}$ cup shortening
Work in gradually.... $\frac{3}{8}$ cup white sugar
Beat well..... 2 eggs
and add to mixture.
Beat well.
Sift and measure.... $1\frac{1}{2}$ cups pastry flour
Sift twice with..... $\frac{1}{4}$ teaspoon soda
1 teaspoon baking
powder
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves

Add a little flour mix-
ture to butter mixture,
then alternate small
additions of..... $\frac{2}{3}$ cup tomato soup
with small additions of
flour mixture.

Add..... $\frac{3}{4}$ cup floured raisins

Turn batter into greased and floured pan
and bake in a moderate oven, 350° F., about
45 minutes.

COCOA FUDGE CAKE

Cream well..... $\frac{1}{2}$ cup butter
Blend in..... 2 cups brown sugar
and beat until light
and fluffy.
Beat well and add.... 2 eggs
Combine well.
Sift and measure.... $1\frac{1}{2}$ cups pastry flour
Sift several times with $\frac{1}{8}$ teaspoon salt
 $\frac{1}{2}$ cup cocoa
 $\frac{3}{4}$ teaspoon soda

Add dry ingredients
alternately with..... $\frac{1}{2}$ cup sour milk
Stir in rapidly..... $\frac{1}{2}$ cup boiling water
Pour into a greased, floured pan, drop 10
times from 1 inch above table, to knock out
air bubbles. Bake in a moderate oven, 350°
for about 50 minutes. Cover with 7-minute
frosting when cold.

MOCHA CAKE

Cream thoroughly.... $\frac{1}{2}$ cup shortening
Work in gradually.... $\frac{1}{8}$ cup sugar
Beat well and add.... 2 eggs
Sift and measure.... $1\frac{1}{2}$ cups pastry flour
and sift twice with... $1\frac{1}{2}$ tablespoons
cocoa
2 teaspoons baking
powder
 $\frac{1}{4}$ teaspoon salt

Add to first mixture
alternately with..... $\frac{1}{2}$ cup cold strong
coffee

Add..... $\frac{1}{8}$ teaspoon vanilla
This is an easily-made and very good
batter. Turn it into greased and floured
square pan (makes cake about 8 x 8
inches) and bake in a moderate oven, 350° F.,
about 30 to 35 minutes. Cover with choco-
late or white icing.

ALMOND FUDGE CAKE

Cream thoroughly.... $\frac{1}{2}$ cup shortening
Work in gradually.... $\frac{1}{2}$ cup brown sugar
(packed)
Beat well and add.... 2 eggs
Work in a further.... $1\frac{1}{2}$ cups brown sugar
Melt over hot water. 3 squares chocolate
and beat into mixture.
Sift and measure.... $2\frac{1}{2}$ cups pastry flour
and sift twice with... $\frac{1}{2}$ teaspoon cinna-
mon
 $\frac{1}{4}$ teaspoon mace
 $\frac{1}{2}$ teaspoon salt
1 teaspoon soda

Add alternately to
mixture with (mixed)... 1 cup hot water
 $\frac{1}{2}$ cup sour cream

This makes a thin batter. Turn into
greased and floured pan, (makes a good 8 x
12 cake) and bake in a moderate oven, 350° F.,
for about 60 minutes. Cover with chocolate
icing. Keeps well.

EASY MARBLE CAKE

Cream well..... $\frac{1}{2}$ cup shortening
 Work in gradually.... $\frac{1}{2}$ cup sugar
 Beat very light.....3 eggs
 and beat into mixture.
 Sift and measure..... $1\frac{1}{2}$ cups pastry flour
 Sift twice with..... $\frac{1}{4}$ teaspoon salt
 $1\frac{1}{2}$ teaspoons baking powder

Add alternately with... $\frac{3}{8}$ cup milk
 Add..... $\frac{1}{2}$ teaspoon vanilla
 Divide mixture in half.
 To one part add..... $1\frac{1}{2}$ squares chocolate
 And..... $\frac{1}{2}$ tablespoon shortening

that have been melted
 over hot but not boiling water.

Add also..... $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon clove
 $\frac{1}{4}$ teaspoon allspice
 and..... $\frac{1}{2}$ cup raisins

that have been coated
 previously with some
 of the measured flour.

Drop spoonfuls of the light and dark mixtures alternately into a greased and floured loaf or square pan. Bake in a moderate oven, 350° F., 45 to 60 minutes, according to depth.

SPICE CAKE

Cream well..... $\frac{1}{2}$ cup shortening
 Work in gradually.... $\frac{1}{2}$ cup (packed) brown sugar
 Beat well.....2 eggs
 and beat into mixture.
 Sift and measure..... $1\frac{1}{2}$ cups pastry flour
 and sift twice with.... $\frac{3}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{2}$ teaspoon nutmeg

Add a spoonful of dry mixture to first mixture, then begin adding..... $\frac{5}{8}$ cup corn syrup
 alternating with dry materials until all are combined.
 Stir in slowly..... $\frac{1}{2}$ cup boiling water
 Turn into greased and floured pan and bake 30 to 40 minutes in an oven at 325° F.

Good with a brown sugar frosting, or white icing.

PINEAPPLE UP-SIDE-DOWN CAKE

Melt in a square pan
 (preferably about 8 x 8 inches).....3 tablespoons butter

Spread evenly with... $\frac{2}{3}$ cup brown sugar

Arrange on this.....Pineapple slices
 with, if desired.....Glacé cherries or nutmeats

as border or in centre
 of pineapple slices.

For cake batter:

Cream well..... $3\frac{1}{2}$ tablespoons shortening

Blend in thoroughly... $\frac{1}{2}$ cup sugar

Beat well and add....2 eggs

Sift and measure.....1 cup pastry flour

Sift twice with.....1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

Add alternately to
 butter-sugar-eggs with $\frac{1}{2}$ cup pineapple juice

Turn carefully over pineapple and bake in a rather slow oven, 325° F., 50 to 60 minutes.

Turn up-side-down on serving dish. Cut in squares; serve plain, or with pour or whipped cream or a sauce.

MAPLE UP-SIDE-DOWN CAKE

Melt in 8-inch square
 pan..... $\frac{1}{4}$ cup butter

Sprinkle over it.....1 cup shaved maple sugar

and..... $\frac{1}{2}$ cup chopped walnuts

Mix as mock sponge...2 eggs
 (see page 21) $\frac{3}{8}$ cup sugar

4 tablespoons hot water

$\frac{2}{3}$ cup pastry flour
 $\frac{3}{4}$ teaspoon baking powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon vanilla

Pour over mixture already in pan. Pound gently 8 times. Bake in a slow oven, 300° F., 40 minutes. Turn up-side-down on a serving dish. Cut in squares and serve warm, with or without whipped cream.

SELF-ICED CAKE

Cream very light.... $\frac{1}{8}$ cup butter
 Gradually blend in... $\frac{1}{2}$ cup sugar
 and cream until light
 and fluffy.
 Beat well and add... 3 egg yolks
 Mix thoroughly.
 Sift and measure.... 1 cup pastry flour
 and sift again with... $\frac{1}{4}$ teaspoon salt
 and..... 1 teaspoon baking
 powder
 and add to first mixture
 alternately with.... $\frac{1}{4}$ cup milk
 Add..... $\frac{1}{2}$ teaspoon vanilla
 Pour into greased and
 floured pan.

For Meringue

With..... $\frac{1}{8}$ teaspoon salt
 beat until stiff but
 not dry..... 3 egg whites
 Gradually beat in... $\frac{3}{8}$ cup fine granu-
 lated sugar
 Beat until mixture
 stands up in peaks,
 and add..... $\frac{1}{2}$ teaspoon vanilla
 Spread this mixture
 over first mixture al-
 ready in pan.
 Sprinkle over top... $\frac{1}{4}$ cup chopped wal-
 nuts.

Bake in a slow oven, 300° F. for 1 hour.
 This makes one cake 10 x 6 inches.

CRUMB CAKE

Sift and measure.... $1\frac{1}{2}$ cups pastry flour
 and sift again with... 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 and mix with..... $1\frac{1}{2}$ cups brown sugar
 Cut in finely..... 6 tablespoons butter
 Put aside $\frac{1}{2}$ cup of
 this mixture.
 To..... 7 tablespoons sour
 milk
 add..... $\frac{1}{2}$ teaspoon soda
 and..... 2 beaten eggs
 Make a well in main
 portion of dry mix-
 ture, pour in liquids;
 mix and beat well
 with double Dover
 until smooth.

Turn batter into greased and floured pan
 (8 x 8 inches or 6 x 10 inches), pound lightly
 on table a dozen times, sprinkle surface with
 the half-cupful of crumbs held out for this
 purpose and bake in rather slow oven, 325° F.,
 for about 45 minutes.

ALMOND CAKE, SELF-ICED

Rather rich, but delicious, and keeps well.

Cream well..... 7 tablespoons butter
 Blend in gradually... $\frac{3}{4}$ cup sugar
 Beat well and add... 4 egg yolks
 and beat very well.
 Sift and measure.... 1 cup and $2\frac{1}{8}$ table-
 spoons pastry flour
 re-sift with..... 1 teaspoon baking
 powder
 and add alternately
 to first mixture with... $\frac{1}{4}$ cup milk
 Beat in..... $\frac{1}{2}$ teaspoon almond
 flavoring

Turn into greased, floured pan and pound
 on table 12 times to remove air bubbles.

Beat stiff but not dry.. 2 egg whites
 Beat in gradually... $\frac{1}{2}$ cup fruit sugar
 and beat till it stands
 in peaks.
 Add..... $\frac{1}{4}$ teaspoon vanilla

Pour over cake batter, sprinkle generously
 with halved, blanched almonds, and bake in a
 slow oven, 300° F., 60 to 90 minutes for a
 loaf pan, 45 to 60 minutes for square pan.

APPLE SAUCE CAKE

Sift and measure.... $1\frac{1}{2}$ cups pastry flour
 Sift several times with $\frac{1}{4}$ teaspoon salt
 1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon mace
 1 teaspoon soda
 Cream thoroughly... $\frac{1}{3}$ cup shortening
 Gradually blend in... $\frac{1}{8}$ cup sugar
 Beat well and add... 1 egg
 Coat with flour and
 add..... 1 cup raisins
 $\frac{1}{2}$ cup nutmeats
 Wash, dry and add... $\frac{1}{2}$ cup currants,
 floured
 Add dry ingredients
 to creamed mixture
 alternately with.... 1 cup thick hot apple
 sauce

Beat mixture after each alternate addition
 of dry materials and apple sauce (which
 should be strained). Bake in a greased and
 floured loaf or tube pan in a moderate oven,
 350° F., 50 to 60 minutes (depending on
 depth).

RICH DARK FRUIT CAKE

Sift and measure.... 2 cups pastry flour
and use part of it to

coat lightly..... 1 pound sultana raisins
1 pound currants,
washed and dried
 $\frac{1}{2}$ pound dates,
chopped
1 candied orange
peel, thinly shaved
 $\frac{1}{2}$ pound candied
citron, thinly-
shaved
 $\frac{1}{4}$ pound glacé
cherries, cut in half
 $\frac{3}{4}$ cup almonds,
halved
 $\frac{3}{4}$ cup walnuts,
quartered

Cream very thor-
oughly..... $\frac{1}{2}$ pound butter

Gradually blend in... $\frac{1}{2}$ pound brown
sugar

Beat until very, very
creamy.

Beat until thick and
lemon-colored..... 6 egg yolks

Beat thoroughly into
butter-sugar mixture.

Sift remainder flour
several times with... $\frac{1}{8}$ teaspoon soda
 $\frac{3}{4}$ teaspoon ground
mace
 $\frac{3}{4}$ teaspoon nutmeg
 $1\frac{1}{2}$ teaspoon allspice
 $\frac{1}{2}$ teaspoon cloves
2 teaspoons cinna-
mon
and..... $\frac{1}{2}$ teaspoon ginger

Melt over hot water... 2 squares chocolate
and add..... $\frac{1}{2}$ cup orange juice
 $\frac{1}{2}$ cup molasses

and..... 1 cup thick straw-
berry preserve

Add dry ingredients
and liquids alternately
to butter-sugar-
egg mixture, using 30
strokes to incorporate
each addition.

Add fruits and nuts,
combining with 60
strokes.

RICH DARK FRUIT CAKE

(Continued)

Beat until stiff but
not dry..... 6 egg whites
and fold into mixture.

Pans should be ready, lined with heavy
white paper, well greased.

Pour into cake pan, preferably one with a
funnel in the middle, to two-thirds fill it.
Bake in a slow oven, 275° F., 3 to 4 hours.
Or you can steam it for three hours, then
transfer it to the oven and bake at the same
temperature, 275° F., for 2 $\frac{1}{4}$ hours.

If you like, you can strew the top of your
cakes thickly with blanched almonds. It
makes a nice-looking top, if you do not wish
to ice them.

RICH LIGHT FRUIT CAKE

Cream until very light $\frac{1}{2}$ pound butter

Gradually blend in... 1 cup sugar
and beat until sugar
is completely dissolved.

Beat well and add... 5 egg yolks

Combine thoroughly
and beat 3 minutes
with double Dover.
Beat until stiff but
not dry..... 5 egg whites
and fold into mixture.

Sift and measure.... 2 cups pastry flour

Coat over with part of
flour..... $\frac{1}{2}$ cup sultana
raisins
 $\frac{1}{2}$ cup currants
(washed and dried)
 $\frac{1}{2}$ cup halved can-
died cherries

Add flour gradually
to first mixture, beat-
ing thoroughly
3 minutes after all has
been added.

Fold in floured fruit
and..... $\frac{1}{2}$ cup chopped wal-
nuts

and..... $\frac{1}{2}$ teaspoon vanilla

Pour into a greased and floured pan and
bake in a slow oven, 300° F., 1 $\frac{1}{2}$ to 2 hours.
Do not pound this cake mixture.

ANGEL DROP CAKES

Beat till stiff but not dry.....2 egg whites
 with.....Few grains salt
 Sift 5 times and add gradually beating.... $\frac{1}{4}$ cup fine sugar
 Sift and measure....4 tablespoons pastry flour
 Sift 5 times with.... $\frac{1}{4}$ teaspoon cream of tartar

Fold into egg mixture with..... $\frac{1}{4}$ teaspoon vanilla
 Drop on ungreased baking pan and bake in a slow oven, 280° F., about 35 minutes. These make dainty little cakes, a cross between meringue and angel food—excellent put together in pairs with a creamy butter icing.

CHERRY COCOANUT MACAROONS

Mix and sift.....1 cup fruit sugar
 and.....1 tablespoon cornstarch

Beat stiff, not dry....3 egg whites

Gradually fold into them the first mixture; cook in double boiler about 15 minutes, until thick, scraping down and folding occasionally.

Remove from heat and add..... $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon almond extract

Fold in..... $\frac{1}{4}$ cup chopped cherries
 $1\frac{1}{2}$ cups shredded cocoanut
 ..1 cup corn flakes

Sprinkle a pan with cornstarch, drop mixture on it by teaspoonfuls and bake in a slow oven, 300° F., about 20 minutes.

"COCOROONS"

Beat till stiff but not dry.....2 egg whites
 with..... $\frac{1}{2}$ teaspoonful salt
 Gradually beat in....1 cup granulated sugar
 Fold in.....2 cups cornflakes
 ..1 cup cocoanut
 .. $\frac{1}{4}$ cup chopped blanched almonds
 .. $\frac{1}{2}$ teaspoon almond flavoring

Drop by teaspoonfuls onto a greased baking sheet. Bake in a moderate oven (325° to 350°) until lightly browned (12 to 15 minutes).

Remove from sheet when cold.

HERMITS

Cream well.....6 tablespoons shortening

Blend in gradually... $\frac{1}{2}$ cup (packed) brown sugar

Beat well and add....1 egg

Sift and measure....1 cup pastry flour

and sift again with...1 teaspoon baking powder
 .. $\frac{1}{6}$ teaspoon salt
 .. $\frac{1}{2}$ teaspoon cinnamon
 .. $\frac{1}{6}$ teaspoon nutmeg

and add gradually to first mixture.

Add.....2 tablespoons chopped nuts
 ..2 tablespoons currants (washed and dried)
 ..2 tablespoons sultanas
 ..2 tablespoons chopped dates

Drop by teaspoonful on greased pan; cook in moderate oven, 375° F., about 20 minutes.

BROWNIES

Melt over hot but not boiling water.....3 squares bitter chocolate

Combine well with... $\frac{1}{2}$ cup butter

Beat until very light...3 eggs

Gradually beat in... $1\frac{1}{2}$ cups sugar

Combine with chocolate mixture and beat thoroughly with double Dover.

Sift and measure.... $\frac{1}{2}$ cup pastry flour
 and sift again with... $\frac{1}{8}$ teaspoon salt
 and..... $\frac{3}{4}$ teaspoon baking powder

and beat into first mixture.

Beat in..... $1\frac{1}{3}$ teaspoon vanilla
 and..... $\frac{3}{4}$ cup chopped walnuts

Pour into a greased pan, 8 x 8 inches, pound 6 times gently. Bake in a moderate oven 350° F., 45 to 60 minutes.

CHINESE CHEWS

Beat until thick.....2 eggs
 Beat in gradually.... $\frac{2}{3}$ cup fruit sugar
 Sift and measure..... $\frac{2}{3}$ cup pastry flour
 Sift again with..... $\frac{2}{3}$ teaspoon baking powder
 $\frac{1}{3}$ teaspoon salt

Combine these mixtures.
 well.

Add.....1 teaspoon vanilla

Wash, dry, fold in.... $\frac{1}{2}$ cup dates, chopped
 $\frac{1}{2}$ cup sultanas,
 chopped

Add..... $\frac{3}{4}$ cup chopped walnuts

Beat 50 strokes. Turn into greased pan—will make about 80 square inches. Bake in moderate oven, 350° F., about 30 minutes. Cool on wire rack. When still warm, cut into fingers and roll in icing sugar or fruit sugar, or roll fingers into balls while warm, then in fruit sugar.

MATRIMONIAL CAKE

Sift and measure.....2 cups pastry flour
 and sift with..... $\frac{1}{4}$ teaspoon salt
 1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda

Put through chopper. $2\frac{1}{2}$ cups rolled oats

Mix with..... $\frac{1}{2}$ cup brown sugar
 and combine with first mixture.

Cut in finely.....1 cup shortening
 with knife or pastry blender.

Make filling by
 cooking..... $1\frac{1}{2}$ pounds dates
 in..... $1\frac{1}{2}$ cups hot water

Cook until thick.

Cool and add.....1 teaspoon vanilla

Spread half the first crumb mixture in bottom of a pan about 12 inches square. Cover with filling mixture, and spread remaining half of crumb mixture over this.

Bake in a moderate oven, 350° F., about 55 to 60 minutes. This cake appeals to many who do not particularly like light or frosted cakes.

NUT SQUARES

Sift and measure..... $\frac{3}{4}$ cup pastry flour
 Resift with..... $\frac{1}{8}$ teaspoon salt
 1 tablespoon fruit sugar

Cut in finely.....5 tablespoons butter

Mix in.....1 tablespoon milk

Spread over a greased pan, about 5 x 9 ins.

Brown lightly in a moderate oven (350° F., for 10 to 12 minutes).

Beat very light.....1 egg

Beat in slowly..... $\frac{1}{2}$ cup brown sugar (packed)

Sift and measure.....1 tablespoon pastry flour

Resift with..... $\frac{1}{4}$ teaspoon baking powder
 $\frac{1}{8}$ teaspoon salt

Beat into egg mixture with 35 strokes.

Stir in..... $\frac{3}{4}$ cup shelled almonds
 $\frac{1}{4}$ teaspoon almond extract

Spread baked crust thinly with thick jam, then with the nut mixture.

Return to a moderate oven (350° F.) until set and browned (about 25 to 30 minutes). If browning too quickly, cover with brown paper. Cut in squares to serve.

DATE BARS

Beat very light.....2 eggs

Beat in gradually....1 cup brown sugar (not packed)

Add.....1 teaspoon vanilla

Sift and measure..... $\frac{3}{4}$ cup pastry flour

using part of it to

coat.....1 cup chopped dates
 $\frac{1}{2}$ cup chopped nuts

With remaining flour

sift..... $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ teaspoon baking powder

Add flour to first mixture, gradually. Add floured fruits and nuts.

Spread in a pan about 12 x 6 inches and bake in a rather slow oven, 325° F., 30 to 35 minutes. While warm, cut in squares—a moist, rather "chewy" type of cake.

OATMEAL COOKIES

Cream well.....6 tablespoons shortening
 Work in thoroughly...½ cup white sugar
 Put through chopper...1 cup rolled oats
 and add to first mixture alternately with...¼ cup sour milk
 Sift and measure.....1 cup and 2½ tablespoons pastry flour
 Sift twice with.....½ teaspoon soda
 1 teaspoon baking powder
 ¼ teaspoon salt
 and add gradually to mixture.

This is a soft dough and should be chilled over night or for several hours. Roll to ¼ inch thickness, using as little flour as possible. Shape and bake on a greased pan in a moderate oven, 350° F., 10 to 12 minutes.

These cookies may be served plain or filled, as Date Cookies.

OATMEAL DATE COOKIES

Make oatmeal cookie dough as usual and put cookies together in pairs with Date Filling, page 24. The filling may be put between the cookies before baking—in which case, cut small piece from centre of upper piece of dough; pinch outer edges closely. Bake as usual—but longer than unfilled cookies—probably 20 to 25 minutes.

Second Method—Put the baked oatmeal cookies together in pairs with date or other fruit filling between.

PLAIN COOKIES

Cream well.....½ cup shortening
 Blend in gradually...¾ cup sugar
 Beat well and add...1 egg
 Beat again and add...1 tablespoon milk
 Sift and measure....2¼ cups pastry flour
 and sift again with ¼ teaspoon salt
 2 teaspoons baking powder
 Blend gradually into mixture and add...½ teaspoon vanilla before final flour addition.

Chill dough well before rolling out very thin; shape with cutters and bake on greased pan. Or shape in long firm roll, wrap in wax paper and chill over night (or longer); slice very thin and bake as required. Bake in a moderate oven, 375° F., 10 to 15 minutes.

ICE-BOX COOKIES

Cream well.....½ cup shortening
 Blend in gradually...1 cup sugar
 Beat light and add...2 eggs
 Sift and measure....2½ cups pastry flour
 Sift again with.....½ teaspoon salt
 1 teaspoon baking powder
 and stir gradually into first mixture.
 Add.....¾ teaspoon vanilla

Chill the dough in the bowl in which it was mixed, until firm enough to shape. Form into a roll of desired thickness, wrap in wax paper and chill over night. When very firm slice down thinly with a sharp knife. Bake on an ungreased sheet in a moderate oven, 375° F., until lightly browned, 12 to 15 minutes.

PIN WHEEL COOKIES

Cream very light....½ cup shortening
 Blend in well.....1 cup sugar
 Beat well and add...2 eggs
 Add.....1 teaspoon vanilla
 Sift and measure....2½ cups pastry flour
 Sift twice with.....3 teaspoons baking powder
 ¼ teaspoon salt
 Add gradually to mixture.
 Divide in half.
 To one half, add....2 tablespoons cocoa dissolved in.....3 tablespoons hot water

Chill both doughs over night. Roll to ¼ inch thickness, keeping rectangular in shape. Chill again. Brush one sheet of dough with egg yolk, place other on top, brush top with egg yolk, then roll up closely—should be about 2 inches in diameter. Chill roll deeply. Cut in thin slices. Bake on a greased pan in a moderate oven, 350° F., 17 to 20 minutes.

GINGER COOKIES

Cream well..... $\frac{1}{2}$ cup shortening
 Blend in well..... $\frac{2}{3}$ cup brown sugar
 Add, beating well..... $\frac{1}{2}$ cup molasses
 Beat and add.....1 egg
 Sift and measure..... $2\frac{3}{4}$ cups pastry flour
 Sift again with..... $\frac{1}{4}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons ginger
 $\frac{1}{4}$ teaspoon cinna-
 mon
 $\frac{1}{4}$ teaspoon soda
 2 teaspoons baking
 powder

and gradually blend
 into first mixture.

Roll dough to $\frac{1}{8}$ inch thickness, shape with
 cutter and bake on a greased sheet in a slow
 oven, 325° F., 15 to 20 minutes.

FRENCH COOKIES

Cream thoroughly.... $\frac{1}{2}$ cup butter
 Blend in gradually... $\frac{3}{4}$ cup brown sugar
 Beat until light and
 fluffy.
 Beat well and add....1 egg
 Combine thoroughly.
 Sift and measure....2 cups pastry flour
 and sift again with... $\frac{1}{4}$ teaspoon mace
 and..... $\frac{1}{2}$ teaspoon baking
 powder

Blend into first mixture
 gradually and add.... $\frac{1}{4}$ cup blanched
 chopped almonds

Chill this mixture thoroughly. When firm,
 form into a round roll about 2 inches thick.
 Roll in waxed paper. Chill overnight. In
 the morning, slice thinly, bake on a greased
 sheet in a moderate oven, 350° F., 15 to 20
 minutes.

GERMAN CRESCENTS

Cream well..... $\frac{1}{2}$ cup butter
 Gradually blend in... $\frac{1}{4}$ cup brown sugar
 When very light add.. $\frac{1}{4}$ cup finely chopped
 almonds
 Sift and measure.... $1\frac{1}{4}$ cups pastry flour
 and blend into first
 mixture with..... $\frac{1}{4}$ teaspoon almond
 extract

When dough is smooth, roll out between
 sheets of wax paper and shape with flour
 cutter, crescent or other shape. Bake on an
 ungreased sheet at 325° F., about 30
 minutes.

SHORTBREAD

Cream until very light 1 cup butter
 Gradually blend in... $\frac{1}{2}$ cup fruit sugar
 Beat until light and
 fluffy.
 Sift and measure and
 re-sift into above....2 cups pastry flour

Turn onto a floured baking board and knead
 in flour till it cracks. Place in an ungreased
 square tin, prick all over with a fork, and
 bake in a slow oven, 275° F., for 30 minutes.

To Make Cookies—Roll between waxed
 paper to $\frac{1}{4}$ inch thickness. Cut out with a
 fancy cutter, decorate with a half blanched
 almond or pecan, or a piece of candied cherry.
 Bake at 275° F. for about 20 to 25 minutes
 —until pale gold.

Variations

Almond Shortbread—Add $\frac{1}{2}$ cup chop-
 ped blanched almonds to the shortbread
 mixture.

Fruit Shortbread—Add $\frac{1}{2}$ cup finely
 chopped green and red cherries to the short-
 bread mixture.

Brown sugar, packed, may replace fruit
 sugar.

RICH CHEESE SHORTBREADS

Cream together..... $\frac{1}{3}$ cup butter
 and.....2 ounces yellow
 cream cheese

Work together well.
 Sift and measure.... $1\frac{1}{2}$ cups pastry flour
 and add gradually.

Chill well. Roll chilled dough between two
 sheets of waxed paper, to $\frac{1}{4}$ inch thickness.
 Shape, chill again, bake in slow oven, 300° F.,
 about 25 to 28 minutes.

These may be eaten plain, but are especi-
 ally fine put together in pairs with orange
 marmalade or tart jam.

PARTY COOKIES

Cream thoroughly....1 cup shortening
 Blend in gradually...1 cup granulated
 sugar
 Beat well and add....1 egg yolk
 Fold in, stiffly beaten, 1 egg white
 Sift in.....Pastry flour to make
 a soft dough

Chill. Roll on lightly floured board to $\frac{1}{8}$
 inch thickness. Cut out with 2-inch round
 floured cutter. Slit each circle almost to the
 centre, in four places, equal distances apart.
 Fold points to centre, to form a pinwheel.
 Decorate with a slivered cherry. Bake in a
 rather slow oven (325° F.).

MERINGUE SHELLS

Beat until frothy..... 2 egg whites
with..... $\frac{1}{8}$ teaspoon salt
Continue beating until
stiff but not dry with.. $\frac{1}{16}$ teaspoon cream of
tartar

Continue beating until mixture stands up in peaks. Drop by spoonfuls or force through pastry tube onto an ungreased baking sheet. Bake in a slow oven (275°) until the meringue shell is set. (Note: If desired, the soft centre may be scooped out, and the thin shell inverted on the baking sheet, returned to the oven, and cooked until crisp. This is done when meringues are to be filled as dessert).

Variation of Meringues

A.—Fold into meringue mixture before baking:

(1) $\frac{1}{4}$ cup chopped nuts (walnuts, pecans, Brazils, almonds).

- (2) $\frac{1}{4}$ cup chopped dates and 2 tablespoons chopped nuts.

- (3) $\frac{1}{4}$ cup chopped mixed dates, raisins and peel, and 2 tbsp. chopped walnuts.

- B.—Fill two shells as dessert with:
(1) Ice cream (with or without sauce).

- (2) Pineapple or orange Bavarian Cream.
- (3) Whipped Cream filling (page 24).

CREAM PUFF OR ECLAIR SHELLS

Have boiling in a
saucepan.....1 cup boiling water
Add..... $\frac{1}{2}$ cup butter
Heat to boiling.

Sift, measure and stir
in, all at once. 1 cup pastry or bread
flour.

Stir over heat till mixture leaves sides of pan. Chill.

Beat in, one by one . . . 3 eggs, unbeaten

Beat till smooth after each egg is added. Chill.

Drop by spoonfuls, or pipe through pastry bag, onto a greased baking sheet.

Place in oven at 425°. After 20 to 25 minutes, lower to 350° and bake until the centre is no longer wet and soggy (20 to 25 minutes longer). Split and fill when cold. Cream puffs used as dessert may be iced.

A.—Savoury. (1) Creamed chicken or veal. (2) Creamed mushrooms. (3) Creamed fish (shrimp, crab, lobster, salmon).

B.—Sweet. (1) Whipped cream filling (page 24). (2) Fruited cream filling (page 24). (3) Gelatine cream filling (page 24). (4) Cream filling (page 23). (5) Lemon, orange or chocolate filling (page 23).

Spread mixture in a square pan (8 x 8 inches) that has been well greased and bake in a moderate oven, 350° F., about 15 minutes—when browned nicely and drawing away a little from the tin at the edges. While still warm, cut in squares.

(Pecans make these butterscotch squares especially delicious, though walnuts, filberts or Brazils, chopped coarsely, may be used).

STANDARD SPONGE CAKE

Beat until thick and lemon-colored. 4 egg yolks
 Beat in gradually. . . . ½ cup sugar
 Add. ⅔ tablespoon lemon juice
 in which is steeped. . . ⅓ teaspoon lemon rind (grated)
 Sift and measure. . . . ⅔ cup pastry flour
 Sift 5 times.
 Beat stiff but not dry. 4 egg whites
 with. Few grains salt
 Beat in gradually. . . . ½ cup sugar

Carefully fold egg whites into yolks; when blended, sift flour over mixture and blend it in.

Turn into an ungreased tube pan (that has never been greased); or a square pan. For the tube pan bake in a slow oven, 275° F., about 1 hour; temperature may be raised to 300° F. during final quarter of cooking period. For the square pan, bake 45 to 60 minutes.

CHOCOLATE SPONGE CAKE

Melt 1 ounce (1 square) bitter chocolate over hot but not boiling water; stir carefully into yolk-and-sugar mixture of Standard Sponge Cake, before folding in the egg whites. Omit lemon juice and rind.

SPICED SPONGE CAKE

Sift with the flour ⅔ teaspoon cinnamon, ⅓ teaspoon each ground clove and allspice, ⅓ teaspoon grated nutmeg. Omit the lemon juice and rind.

FILLED SPONGE CAKES

At serving time, split the sponge cake lengthwise with a sharp knife. Fill generously as suggested:

(a) Plain Sponge—Lemon or orange filling or fresh fruit, whipped cream filling.

(b) Chocolate Sponge — Seven-minute frosting, Lady Baltimore filling, or gelatine cream filling.

(c) Spiced Sponge Cake—Seven-minute frosting, Lady Baltimore filling, orange filling.

Orange Filling, Lemon Filling, page 23.

Lady Baltimore, page 24.

Fruited Cream, page 24.

Gelatine Cream, page 24.

Seven-Minute Frosting, page 27.

ANGEL CAKE

Sift and measure. . . . ¾ cup pastry flour
 Sift 5 times.

Beat with wire whisk on a flat platter until frothy. 1 cup egg whites

(8 to 10 eggs)

with. ¼ teaspoon salt

Add. 1 teaspoon cream of tartar

and beat until whites will hold a tablespoon upright.

Sift and measure. . . . 1 cup finely granulated sugar

Fold lightly, 2 tablespoons at a time, into egg whites.

Sift flour a couple of spoonfuls at a time, over egg mixture and fold in lightly.

Add. ⅔ teaspoon vanilla
 ¼ teaspoon almond essence

Use fewest possible motions to blend the ingredients, so as not to break down airy mass. Turn into tube pan, that has never been greased, filling half way. Bake in slow oven, 300° F., 50 to 75 minutes (depending on shape and depth).

Invert pan over cake rack and allow cake to hang suspended in pan until cold, then loosen edges carefully and shake out cake.

SPICED ANGEL CAKE

Sift with the pastry flour: 1 teaspoon cinnamon, ¼ teaspoon each ground clove and allspice, ⅓ teaspoon grated nutmeg, otherwise following the recipe for White Sponge Cake or Angel Food. Cover the whole cake with white or delicately tinted confectioner's icing or butter icing, and dust lightly with powdered cinnamon.

ANGEL NUT CAKE

Along with the last measure of the pastry flour in an Angel Cake, fold into mixture ½ cup finely chopped walnuts, pecans, blanched almonds, Brazils or filberts.

FRUITED ANGEL CAKE

With the last of the pastry flour in an Angel Cake, fold into mixture ½ cup washed and well-dried currants, or chopped candied cherries or cherries and nutmeats.

CHOCOLATE ROLL

Beat till thick and
lemon-colored. 4 egg yolks
Beat in well. $\frac{1}{2}$ cup sugar
Add slowly. $\frac{1}{4}$ cup hot water
Beat stiff but not dry. 4 egg whites
with. $\frac{1}{2}$ teaspoon salt
Beat in gradually. . . $\frac{1}{2}$ cup sugar
Fold carefully into
yolks and add 1 teaspoon vanilla
Sift and measure. . . . $\frac{2}{3}$ cup pastry flour
Sift 5 times with. . . . $\frac{1}{3}$ cup cocoa
1 teaspoon baking
powder

Fold carefully into mixture.

Spread in thin layer on large sheet pan, about 10 x 12 inches (greased and floured), and bake in rather slow oven, 325° F., about 35 minutes.

Turn out on damp towel, quickly trim off crusty edges, spread with Boiled or Seven-Minute Frosting or with a fluffy Butter Icing, or with cold Gelatine Whipped Cream Filling, roll up like a jelly roll and wrap in wax paper (dusted with icing sugar) to hold its shape.

ORANGE ROLL

Beat till thick and
lemon-colored. 3 egg yolks
Gradually beat in. . . ½ cup sugar
Add. ¾ cup orange juice
in which is steeped. . . 1 teaspoon grated
orange rind

Beat stiff but not dry. **3 egg whites**
with..... $\frac{1}{8}$ **teaspoon salt**
Gradually beat in... **6 tablespoons sugar**
Fold egg-white mix-
ture into yolks.
Sift and measure.... **1 cup pastry flour**
Sift 4 times with.... $\frac{1}{5}$ **teaspoon soda**
 $\frac{2}{3}$ **teaspoon baking**
powder

and fold gradually
into mixture.

Spread in thin layer in pan about 10 x 12 inches and bake in a slow oven, 325° F., about 35 minutes.

Turn cake out on damp towel, quickly trim off crusty edges, spread with orange filling, roll up quickly and sprinkle with icing sugar.

FILBERT MACAROONS

Beat until stiff, but
not dry.....2 egg whites
 $\frac{1}{8}$ teaspoon salt

Beat in slowly (mix-
ing after each addition
until very stiff) $\frac{3}{4}$ cup fruit sugar
Add, mixing in lightly $\frac{1}{2}$ teaspoon vanilla
1 cup fresh grated or
canned coconut
 $\frac{1}{2}$ cup halved filberts
2 tablespoons chop-
ped candied cherries
 $\frac{1}{4}$ cup chopped dates

Drop by spoonfuls on a baking sheet, which has been lightly dusted with cornstarch. Bake in a slow oven (300° F.) until crust is crisp, and macaroons lightly coloured. Time from 25 to 30 minutes. Makes 24.

DATE AND NUT ROCKS

Cream well..... $\frac{1}{4}$ cup butter
Blend in slowly..... $\frac{1}{2}$ cup finely granu-
lated sugar

Add well beaten....1 egg yolk
and beat well.
Sift and measure.....1 cup pastry flour
Resift twice with.....1/10 teaspoon salt
1/4 teaspoon baking
soda
1 teaspoon baking
powder
1/4 teaspoon cinna-
mon
1/8 teaspoon each
nutmeg, allspice
and ginger

Mix gradually into first mixture to make a stiff dough. Mix in with hands. **1 1/4 cups chopped dates**
1/2 cup chopped nuts

Drop in balls on a greased sheet. Bake in a moderate oven 350° F. until lightly browned. (About 20 minutes).

DELICATE GINGER COOKIES

Cream well..... $\frac{1}{2}$ cup butter
Blend in slowly..... $\frac{2}{3}$ cup brown sugar
Beat well and beat in 1 egg yolk
Sift and measure..... $1\frac{1}{8}$ cups pastry flour
Resift with.....2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon powdered ginger
 $\frac{1}{8}$ teaspoon salt

Work dry ingredients slowly into butter mixture to make a soft dough, which may be handled. If too soft, sift in 2 tablespoons more flour.

Roll into balls, the size of a marble; drop one inch apart on a greased sheet. Press out with the floured tines of a fork to $\frac{1}{4}$ inch thickness. Bake in a hot oven (400° F.) until pale brown (7 to 10 minutes).

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QUICK STRUDEL

Sift and measure 2 cups pastry flour
Sift again with 2 tablespoons sugar
1 teaspoon baking powder

Cut in..... $\frac{1}{2}$ teaspoon salt
Mix in lightly $\frac{1}{3}$ cup butter
to make soft dough. about $\frac{2}{3}$ cup milk

Toss dough on lightly floured board, roll to $\frac{1}{4}$ inch thickness. Cut in half.

Spread one half with . . . $\frac{1}{3}$ cup blanched almonds (chopped)
mixed with $\frac{1}{2}$ cup currants
 $\frac{1}{2}$ cup shaved maple sugar

Place other half of dough over mixture; pressing down firmly.

Sprinkle top with . . . $\frac{1}{4}$ cup crushed
Maple sugar
mixed with $\frac{1}{2}$ teaspoon cinna-
mon

Bake in hot oven, 475° F., about 15 minutes. Cut in squares. Serve with cream (plain or whipped).

PREPARED BISCUIT FLOUR STRUDEL

Prepare filling by
mixing.....

$\frac{1}{4}$ cup	currants
$\frac{1}{4}$ cup	chopped apple
$\frac{1}{4}$ cup	brown sugar
3 tablespoons	chopped almonds
$\frac{1}{8}$ teaspoon	cinna- mon

To.....1 cup prepared biscuit flour

add.....1 tablespoon sugar
Stir in quickly..... $\frac{1}{8}$ cup milk

Turn out and knead
40 seconds.

Roll dough to $\frac{1}{6}$ inch thickness.

Spread with the filling and roll up to enclose mixture.

Mix..... $\frac{1}{6}$ cup brown sugar
with..... $\frac{1}{3}$ teaspoon cinna-
mon.

and sprinkle over roll.

Bake in a hot oven, 450° F. about 13 to 15 minutes—putting a paper over top if browning too much. Cut in slices to serve.

FILLINGS AND FROSTINGS

CREAM FILLING

Suitable for filling pies and tarts, as well as cakes.

Scald in double boiler. **1 cup milk**
 Mix well. **$\frac{1}{2}$ cup white sugar**
 $\frac{1}{8}$ teaspoon salt
 $4\frac{1}{2}$ tablespoons
 pastry flour

Stir hot milk into dry mixture slowly; return to double boiler and cook, stirring constantly until thick, then occasionally 10 minutes longer.

Beat very light. **2 egg yolks**

Stir slowly into eggs a little of hot mixture, then stir back into double boiler. Stir and cook a few moments to thicken egg.

Cool slightly and add. **$\frac{1}{2}$ teaspoon vanilla**

Note.—1 egg yolk may be used, if flour is increased to $\frac{1}{2}$ cupful.

FRUIT-CREAM FILLING

Make plain Cream Filling and when almost cooled, add 2 tablespoons drained, crushed pineapple, 2 tablespoons candied cherries and 2 tablespoons chopped nuts (pecans, filberts, etc.). Half a cup shredded cocoanut stirred into plain Cream Filling, is popular.

CHOCOLATE FILLING

Note.—A rich dark filling of good flavor, good for small tarts as well as cakes.

Mix. **$\frac{2}{3}$ cup sugar**
 with. **7 tablespoons pastry flour**

Scald. **$1\frac{1}{2}$ cups milk**
 with. **2 squares chocolate, cut up.**

and beat until smooth.

Stir into dry mixture and cook, stirring constantly, until thick.

Pour slowly into. **1 egg yolk**
 beaten with. **$\frac{1}{8}$ teaspoon salt**

Return to double boiler, stir and cook until thick.

Cool and add. **$\frac{1}{2}$ teaspoon vanilla**

LEMON FILLING

Note.—Suitable for pie filling—make twice or three times the quantity.

Mix. **$\frac{1}{2}$ cup sugar**
 with. **$4\frac{1}{2}$ tablespoons**
 pastry flour

Stir in. **$\frac{1}{2}$ cup boiling water**
 Cook, stirring constantly, until thick.

Pour over. **1 egg yolk**
 beaten with. **$\frac{1}{8}$ teaspoon salt**

Return to saucepan; cook and stir until thick, this time over hot water.

Remove from heat.

Stir in. **1 teaspoon grated**
 lemon rind
 steeped in. **2 tablespoons lemon**
 juice

1 teaspoon butter

Cool before using.

ORANGE FILLING

Good for cake or tart filling; for pies, increase flour to $\frac{1}{2}$ cup.

Bring to boil. **$\frac{1}{2}$ cup orange juice**
 Mix well. **$\frac{1}{2}$ cup white sugar**
 with. **$4\frac{1}{2}$ tablespoons**
 pastry flour

and slowly stir in hot orange juice. Return to double boiler; cook, stirring constantly, until thick, then 5 minutes, stirring occasionally.

Beat. **1 egg yolk**
 with. **$\frac{1}{8}$ teaspoon salt**

and stir hot mixture into egg slowly. Return to double boiler; stir a few moments until egg thickens.

Remove from heat and add. **2 teaspoons butter**
 2 teaspoons grated
 orange rind

Cool before using.

DATE FILLING

Wash, stone and chop $\frac{1}{2}$ pound dates
 Cook until thick with... $\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup boiling water
 Then add.....1 tablespoon lemon juice

Cool and use between layer cakes, between pairs of cooked or uncooked oatmeal cookies, to spread beneath whipped cream on butter or sponge cake.

FIG FILLING

Substitute $\frac{1}{2}$ pound figs for dates in preceding recipe. Use same as Date Filling.

RAISIN FILLING

Substitute seeded raisins for dates, in Date Filling. Use same as Date Filling.

APRICOT FILLING

Wash and soak..... $\frac{1}{4}$ pound dried apricots
 over night in.....1 cup warm water
 Simmer until tender in water in which they were soaked.
 Add..... $\frac{1}{2}$ cup sugar

Cook 5 minutes longer. Press through a sieve—if too thin, cook and stir until thickened.

Use as filling for layer cakes, or small tarts, or large open tart with lattice top. Or use to put together pairs of Angel Drop Cakes, or spread over a layer cake and top with sweetened whipped cream, flavored with few drops almond extract. Or spread over cake in generous layer as "frosting," and pipe border of whipped cream around the edge.

JELLY OR JAM FILLING

Into any thick jam or jelly or marmalade, stir chopped nuts, raisins or cocoanut and use as filling.

LADY BALTIMORE FILLING

Ordinary boiled frosting or seven minute frosting made with white sugar, gives the basis for the famous Lady Baltimore filling. A very fine butter cake is used, with the plain white frosting over the outside; extra frosting is made, so that to about a third of the quantity, to be used for a filling between the layers, these additions may be made: $\frac{1}{3}$ cup chopped cherries, $\frac{1}{3}$ cup chopped raisins, $\frac{1}{4}$ cup chopped nuts (pecans, walnuts, almonds or thinly sliced Brazil nuts).

WHIPPED CREAM FILLING

Beat stiff.....1 cup heavy cream
 Beat stiff.....1 egg white
 with..... $\frac{1}{4}$ cup fruit sugar
 and fold into cream.
 Flavor with..... $\frac{1}{2}$ teaspoon vanilla or other extract

FRUITED CREAM FILLING

To Whipped Cream Filling, add $\frac{1}{4}$ cup candied cherries, or $\frac{1}{2}$ cup chopped dates, figs or raisins; thinly shaved slivers of candied ginger may be combined with fruits. To Whipped Cream Filling, add 1 cup well-drained strawberries or raspberries or mashed and sweetened fresh berries. To whipped Cream Filling, add 1 cup mashed peach or apricot pulp and use almond extract to flavor.

GELATINE CREAM FILLING

Soak..... $\frac{3}{4}$ tablespoon gelatine
 for 5 minutes in..... $\frac{1}{4}$ cup cold water
 Dissolve in..... $\frac{1}{8}$ cup scalded milk
 Strain into bowl containing..... $\frac{1}{3}$ cup fine sugar
 Stir until sugar dissolves. Add.....2 teaspoons vanilla
 Place bowl on cracked ice or in cold water and when mixture cools, stir occasionally until it becomes syrupy. Beat frothy.

Whip.....1 cup chilled whipping cream
 and fold in, half at a time.

UNCOOKED MERINGUE FILLING

Beat to stiff froth....3 egg whites
 Gradually beat in.... $\frac{1}{2}$ cup fine sugar
 Fold in.....4 tablespoons shredded citron
 $\frac{1}{2}$ cup chopped raisins
 $\frac{1}{4}$ pound chopped table figs
 $\frac{1}{2}$ cup chopped almonds

Note.—This filling should be used the day it is made.

TO DECORATE CAKES

The various frostings may be made decorative by various treatments and additions.

Color—Pure vegetable coloring may be used to tint any white icing. Tint a small portion of icing delicately, then work it into main part. For boiled icing, tint the beaten egg. Keep all colors very delicate.

Nutmeats

Almonds (salted)—use chopped, slivered or halved.

Almonds (browned)—chop, sliver or halve before browning.

(Spread in thin layer in cake pan and brown in moderate oven, watching carefully).

Brazils—sliver lengthwise, use with or without browning.

Cashews—salt after halving lengthwise.

Cocoanut—use moist, soft fine shreds.

Filberts—halve, slice or chop coarsely.

Hazel Nuts—chop coarsely.

Hickory—chop coarsely.

Pecans—use selected halves or chop coarsely.

Pistachios—blanch, then chop.

Walnuts (English)—use halves or chop coarsely.

Walnuts (Black)—chop coarsely.

The above should be arranged or sprinkled generously over the icing before completely set.

Miscellaneous

Candied rose or violet leaves—for "Special Occasion" cakes.

Candied Fruit Peels—chop or sliver.

Chocolate "Shot"—sprinkle thickly over icing.

Chocolate—(a) Melt bitter chocolate over hot, but not boiling water. Cool slightly, streak thinly over white icing or spread in thin layer.

(b) Grate chocolate over white icing.

Cinnamon—Sift over light colored frosting.

Colored Granulated Sugar—sprinkle lightly over top of cake.

Cherries—use green or red, either bottled or glacé; halve, slice or sliver. Also colored pineapple, thinly sliced.

Gum Drops or Flower-shaped Bon-bons—use on children's party cakes.

Iced Animal Crackers—use on children's party cakes.

Raisins, Currants—useful for making designs on children's party cakes.

Silver Dragées—use both round and elongated types.

Silver Leaves—used with dragées for wedding cakes.

FOUNDATION CONFECTIONER'S ICING

Put into bowl.....2 tablespoons hot liquid (cream, milk, fruit juice, coffee)

Sift in.....Icing sugar until thick enough to spread.

Beat smooth and add..Flavoring

also, if desired.....Pure vegetable coloring

Chopped nuts, fruit, etc., may be added and cakes decorated as suggested on this page.

FOUNDATION BUTTER ICING

Cream very light.....2 tablespoons butter

Blend in well.....2 tablespoons sifted icing sugar

Gradually add.....2 tablespoons hot liquid (cream, milk, fruit juice or strong coffee)

Sift and add gradually 1 cup or more icing sugar

When thick enough to spread, add.....Flavoring

Beat thoroughly to make fluffy.

COFFEE OR MOCHA ICING

Use strong coffee infusion for liquid in Foundation Butter Icing; 1 teaspoon cocoa may be added, with a very little vanilla.

PINEAPPLE ICING

Use pineapple juice and crushed pulp as liquid, with few drops lemon juice.

ORANGE ICING

Use orange juice as liquid, or combine juice and shredded pulp, with a little grated rind. An extra tablespoonful of butter may be used; or a raw egg yolk, as part of the liquid, adds richness and improves color.

PEANUT BUTTER FROSTING

Cream.....2 tablespoons pea-
nut butter
and.....1½ tablespoons
butter
until very light and
soft.
Cream in.....2 tablespoons icing
sugar
Add.....⅛ teaspoon salt
2 teaspoons lemon
juice
2 teaspoons orange
juice
Gradually beat in....1 cup icing sugar
(always sift it)

Spread roughly and dust top lightly with powdered cinnamon. All orange juice may be used, or when neither orange nor lemon juice are available, sweet milk may be used.

EASY-WAY CHOCOLATE FROSTING

Melt over hot but
not boiling water....2 squares chocolate
with.....1 tablespoon butter
Add.....3 tablespoons hot
water
Allow to cool a little
and sift in.....Icing sugar
to bring to spreading
consistency. Add....¼ teaspoon vanilla
Beat well.

CHOCOLATE BUTTER FROSTING

Cut in pieces.....1½ squares choco-
late
Put in double boiler
with.....1½ tablespoons
butter
and melt over hot but
not boiling water.
Blend in well.....2 tablespoons icing
sugar
Add.....⅙ teaspoon salt
4 tablespoons rich
milk or cream
Gradually beat in....2 cups (about) icing
sugar (sifted)
and beat till thick
enough to spread.
Add.....½ teaspoon vanilla
or dash of almond
extract

CANARY ICING

Beat well.....2 egg yolks
Beat in (sifted).....1 cup icing sugar
Add.....½ teaspoon vanilla
¼ teaspoon almond
extract

This makes a nicely flavoured icing, and has an attractive colour.

This is a very good icing to put on a white loaf cake—such as the white cake mixture given on page 7.

MAPLE CREAM FROSTING

Melt in saucepan....2 tablespoons butter
Add.....2 cups brown sugar
¾ cup top milk

Stir and heat until sugar dissolves. Bring to boil rapidly; cook, without stirring, to 234° F., or soft-ball stage. Cool.

When cold add.....½ teaspoon vanilla

Stir and beat to spreading consistency.

CHOCOLATE FUDGE FROSTING

Cut up.....2 squares chocolate
Add.....1 cup sugar
½ tablespoon corn
syrup
½ cup milk
Few grains salt

Cook, stirring until sugar dissolves.

Cook to 234° F. (quite soft ball in cold water).

Stir in.....2 tablespoons butter
Cool and add.....½ teaspoon vanilla

Beat to spreading consistency. Nutmeats a pleasant addition.

SOUR CREAM FROSTING

Mix together.....2 cups light brown
sugar
1 cup sour cream
Few grains salt

Cook, stirring until sugar dissolves, and cook to soft-ball stage 232 to 234° F. Cool to 110° F. (lukewarm) and beat until thick and creamy, adding...1 teaspoon vanilla

If frosting becomes too hard, soften it over hot water for spreading. It can be made especially delicious by sprinkling over with chopped filberts, finely chopped and toasted almonds or thinly sliced Brazil nuts.

ORNAMENTAL FROSTING

Put into a bowl.....2 unbeaten egg whites
with.....2 tablespoons sifted icing sugar

Beat 4 minutes.

Continue to sift in...1 cup icing sugar a little at a time, beating constantly. Add very gradually as mixture thickens..... $\frac{1}{2}$ tablespoon lemon juice

and continue adding...10 tablespoons sifted icing sugar

a spoonful at a time, beating in well.

Beat until the mark of a knife leaves a clean, unclosed cut in the icing. Flavor as desired.

This is the icing we use over almond paste; also for decorating purposes when using a pastry tube.

BOILED FROSTING

Put in saucepan.....1 cup sugar
with.....1/16 teaspoon cream of tartar
 $\frac{1}{8}$ cup boiling water

Cook and stir until dissolved.

Cook to 240° F., rather firm soft-ball stage.

Beat stiff.....1 egg white
with..... $\frac{1}{8}$ teaspoon salt

Beat syrup slowly into egg white; beat until thick; when cool, add..... $\frac{1}{2}$ teaspoon vanilla

Fluffy Frosting.....use 2 egg whites

IF FROSTING THREATENS FAILURE

If you have a saucepan thermometer to put in your saucepan, you can always make a boiled icing just right, but sometimes it is difficult to cook the sugar to exactly the right degree without a thermometer.

If Boiled Icing or Seven-Minute Icing seems in danger of failure, you may rescue it:

(a) If too thin, stir in icing sugar to bring frosting to right consistency.

(b) If too hard, add a little hot water or soften it with a very little lemon juice, which will turn some of the sugar to glucose, with softening effect.

SEVEN-MINUTE FROSTING

Put into double boiler... $1\frac{1}{2}$ cups white sugar
and stir in.....2 unbeaten egg whites
5 tablespoons cold water
1 tablespoon light corn syrup

Beat to blend well. Place over lower pan, containing rapidly boiling water and beat steadily with a Dover beater until icing will stand in peaks when beater is lifted out—usually 7 minutes; shorter time is required if using a portable electric beater.

Remove upper pan from heat, add flavoring and beat until of spreading consistency. When cool, pile roughly on top and sides of cake; use as filling, too, if desired.

Note—Allow this frosting several hours to set before cutting cake.

TINTED FROSTINGS

Blend a little pure coloring paste or liquid into a small part of the frosting, then mix gradually into main part; in this way, you can be sure to keep icing pale enough to be tempting.

CHOCOLATE FROSTING

Melt 1 square bitter chocolate over hot but not boiling water, and add to "Boiled Frosting" immediately after adding syrup to egg white. If adding to Seven-Minute Frosting, grate chocolate over the frosting when it is cooked and beat in lightly.

COFFEE FROSTING

Use strong coffee infusion instead of water, as liquid in either Boiled Icing or Seven-Minute Frosting.

MAPLE SUGAR FROSTING

Use $\frac{1}{2}$ pound grated maple sugar to replace white sugar in cooked frosting, or make the white icing, and use a good maple flavouring.

MARSHMALLOW FROSTING

Cut 8 marshmallows in pieces with scissors and add to syrup just before beating it into egg whites, in a Boiled Frosting. For Seven-Minute Frosting, fold in marshmallows when frosting is cooked.

GELATINE FROSTING

For a frosting that will be sure to stand up, soak 1 teaspoon gelatine in 2 teaspoons cold water 5 minutes and dissolve in hot Boiled Frosting.

CHOCOLATE SEVEN-MINUTE FROSTING

Put in double boiler... **1½ cups brown sugar**
2 egg whites
 (unbeaten)
3 tablespoons cold water
⅛ teaspoon salt

Allow mixture to stand 15 minutes, then place upper pan over hot water and beat slowly until mixture "peaks"—usually 7 to 9 minutes.

Melt over hot but not boiling water..... **2½ squares chocolate** and add, with..... **⅓ teaspoon vanilla**

Variation

(a) Chocolate may be grated over cooked frosting, and beaten in lightly.

(b) When first mixture is cooked, one quarter of it may be removed to a bowl and flavored. To the remaining three-quarters, the melted chocolate (using only 2 squares) may be carefully added by folding it in with the vanilla. Cool before using, then spread on cold cake and streak the top over roughly with the white part of icing reserved for this purpose.

CHOCOLATE COATING FOR WHITE FROSTING

Spread cake smoothly with Boiled or Seven-Minute Frosting and pour over the surface, bitter chocolate that has been melted over hot but not boiling water; spread quickly with a knife or spatula.

Or spread white frosting in well-roughened peaks and hollows on cake, and streak with the melted chocolate.

LEMON COOKED FROSTING

Add grated yellow rind of 1 lemon to Boiled Frosting just after syrup has been added to egg; or stir into Seven-Minute Frosting, when cooked.

ORANGE SEVEN-MINUTE FROSTING

Put into double boiler. **1 cup fine white sugar**
¼ cup orange juice
1/16 teaspoon cream of tartar
Few grains salt
1 egg white, unbeaten

Allow mixture to stand 15 minutes, then place upper pan over hot water and beat slowly until mixture "peaks"—usually 7 to 9 minutes.

Beat in..... **½ teaspoon orange rind**

SEA-FOAM FROSTING

Put into double boiler. **1½ cups (packed) brown sugar**
5 tablespoons water
2 unbeaten egg whites

and beat well with rotary beater. Place over boiling water and continue beating with rotary beater until frosting will hold its shape in peaks—usually about 7 minutes. Remove from fire and add flavoring—1 teaspoon vanilla or suitable amount of other flavoring, such as maple.

BANANA FILLING OR ICING

Sift and measure..... **1½ cups icing sugar**
 Work in well..... **1 tablespoon butter**
 Peel, scrape and mash **1 ripe banana** and add to mixture.
 Add..... **¾ teaspoon lemon juice**

A little more or less icing sugar will be needed, according to size and moistness of the banana. Orange juice may be used instead of lemon.

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